

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Flavor — Fruity berry notes, but not sweet. Little bit of dry mouth feel afterwards



Hawthorn berry or Crataegus fruit strengthens digestion. It helps remove stagnated food from the digestive tract and restore normal functioning of the Spleen and Stomach in digesting and distributing nutrients. Crataegus is a common sweet and sour snack, often consumed when one has consumed too much meat or greasy food.*

Dietary Supplement

Net Wt. 2.7 oz (77 g)



Hawthorn Berry



Directions: Add the amount of botanicals per a recipe, as desired, or as directed by a health practitioner. The proper way of extracting botanicals depends on parts used. Flowers, fruits and leaves can usually be *steeped* or *decocted* (boiling over fire) while stems, barks and roots typically require *decocting*.

In a *Desktop Botanical Garden™ Glass Tea & Elixir Maker*, add 1 part botanical(s) and 5-8 parts water, steep or decoct for 5-20 minutes. You can boil water directly in the *Elixir Maker*. Repeat this process for 2nd or 3rd extraction until all active constituents have been extracted.

Supplement Facts

Serving Size: 1 g

Servings Per Container: 77

	Amt/Serv
Dried Hawthorn Berry Slices	1 g †

† Daily value not established

Manufactured for:

Ron Teegarden's
Dragon Herbs
P.O. Box 361459
Los Angeles, CA 90036

More *My Cup of Tee®* ideas and instructions on our website.

www.dragonherbs.com

(888) 55 - TONIC

(888) 558-6642)



V052820